

ABSTRACT

An exercise resistance cable apparatus for engagement with an activity bay of a support structure. The exercise resistance cable apparatus includes a plurality of serially connected cable/anchor modules. A first of the cable/anchor modules includes a first elastic exercise resistance cable; and, a first cable expansion anchor securely connected to a first end of the elastic exercise resistance cable. Subsequent cable/anchor modules include associated exercise resistance cables and cable expansion anchors. A hand grip is connected to a second end of the first elastic exercise resistance cable. The exercise resistance cable apparatus is particularly adapted to be used with an exercise chair having a frame with a plurality of activity bays positioned at desired locations thereon. The activity bays have slots formed therein that are disposed at the desired orientations for engagement with a cable expansion anchor of an exercise resistance cable apparatus.